Crosby's Wife a Winner

ADVICE TO MILADY

By Lydia Lane

KATHY'S CAPTAIN OF HER FATE

HOLLYWOOD—Bing Crosby is one of the most prominent figures in show business and when he chose Kathy Grant for his bride, everyone wanted to know, "What is this young girl like?"

I met Kathy when she first came to Hollywood. She was a teenager from Texas who told me, "I've always dreamed of being a movie star and my first big break came when Roy Rogers chose me Rodeo Queen. A contract at Paramount soon followed and they changed my name from Kathryn Grandstaff to Kathy Grant.

"I remember our first interview," Kathy told me when I visited her on the set of "The Big Circus," "because we talked about losing weight and you scolded me for taking reducing pills. And I'm grateful that I listened to you.

"I still have to diet," Kathy confided, "because I photograph best when I'm 105 which is about 10 pounds less than I should be. Some people who eat much more than I do never gain.

"They are the fortunate ones," she exclaimed. "I was a chubby baby, roly poly as a child, a plump teenager and today if I didn't count calories I would be an overweight woman."

Kathy was in the revealing costume of a circus performer and I commented:

"You are so beautifully slim no one would suspect that you had a weight problem or that you just recently had a baby."

"I think women have proved that you don't have to have a matronly figure with motherhood," she declared. "And most doctors don't want you to gain more than 18 pounds. For the first three months I was with Bing in Palm Springs. We had a daily maid but I did the cooking and I gained almost 18 pounds. When I came back the doctor told me I had to go the rest of the time without putting on a pound. It wasn't easy but I found if I kept busy I could keep my mind off food.

"I became a hospital volunteer three times a week and as often as I could I walked around the golf course with Bing—so I wouldn't be around an ice box," she added.

"Dieting is an individual thing," Kathy continued. "You have to recognize your weaknesses and compensate for them. I love sweets. I can't handle them and three meals a day—so," she said with a fetching smile, "I have two meals and chocolate candy."

AS IF ON CUE a messenger arrived with a box of famous chocolates and Kathy's eyes brightened.

"I had only a pot of tea for lunch so I can indulge myself with two pieces," she said.

"I read a great deal about dieting," Kathy explained, "and I realize that it is a round-the-clock deal for me. I have made a plan, and I stay with it. But I don't talk about it because there is nothing more repulsive than inflicting your diet on others. If I'm invited out I always eat dinner. It is so rude to a hostess not to. But I compensate for it the next day."

"When you are at home, what would be a typical dinner for you and Bing?"

"Let me see," Kathy said, resting her pretty head on the palm of her hand. "At cocktail time, Bing has a highball and I have a glass of wine. Then we have a tossed green salad with Roquefort dressing, lamb chops and french bread. For dessert we have ice cream—we both love it. But," she added quickly, "Bing lost seven pounds the first year we were married, thanks to the way I watched his diet."

Kathy is obviously a happy girl and I recalled that she once said that she'd always received everything she ever wanted—"I made the tennis team. Won a dance contest. Champion of a chess group. And a contract with a major studio in Hollywood."

"I was awfully young when I said those things," Kathy admitted. "Today I would say I've had my share of disappointments but I've never felt defeated.

"I have set many goals and it is wonderful to reach them but you have to work and have a plan. I wanted to be editor of our school annual, so I planned the year book. I wanted to be an actress and when the chance came I was ready. I wanted both a career and a college degree and I really worked hard for my bachelor of arts."

"And you got the man you wanted, too," I smiled across the dressing room at Kathy, for we both had the memory of those weeks when she and Bing had temporarily broken their engagement. At that time Kathy was determined not to date for fear she'd be caught on the rebound in her loneliness. As I rose to go I said, "You are a happy example that we are much more the captain of our fates than is realized."

KATHY CROSBY

THOUGHT FOR FOOD . . .

. . . By MURIEL WILSON

BANANAS *in the* BREAD

"There is a spot on earth supremely [illegible], a dearer, sweeter place than all the rest." So sings the poet of home.

After a vacation away from home we see the old familiar things with new eyes . . . the things we wanted to change seem less important and the things we love stand out dramatically. Here are all our pet possessions . . . from books to easy chair. I suppose that of all life's cherishable moments none is finer than homecoming.

"After a month away from my own kitchen (and I loved every moment of the time that I was away) I returned yesterday full of enthusiasm for the very things I wanted to get away from a month ago. My housewifely ardor has been rekindled . . . I can hardly wait to paint the bedroom, dig in the garden and try out a wonderful collection of new recipes.

This morning I tried out a recipe for banana fruit bread. This recipe was given me by a gal named Puss, an old friend and a wonderful cook. It is a little different from plain banana bread . . . the mixed glace fruit called for gives a lovely color interest and adds to the flavor.

Here is the recipe: Cream ½ cup shortening and ¾-cup sugar, add 2 slightly beaten eggs and 1 cup mashed bananas. Sift together 1¾ cups sifted all-purpose flour, ½ teaspoon salt and 2 teaspoons baking powder. Toss ¾ cup raisins and 1 cup mixed glace fruit with the flour (to coat), then add all to the creamed mixture. Grease the bottom only of a loaf cake pan and pour in the batter Bake 50 or 60 minutes in a 350-degree oven. This slices better next day. If there is anyone around when you take this out of the oven you will probably be talked into slicing the loaf while it is still hot. With plenty of butter it's delicious.

RIGHT NOW new green cabbage is at its best. My favorite way to eat it is in cold slaw. There are any number of ways to fix it . . . with plain, sweetened vinegar, boiled dressing that is a little different. It is made with buttermilk. Now don't shudder; there is no taste of buttermilk, just an illusive, zesty flavor. Combine two tablespoons flour, one teaspoon dry mustard, one teaspoon salt, one-eighth teaspoon paprika, half a teaspoon celery seed and two tablespoons sugar. Mix well and place in the top of a double boiler. Add one-third cup vinegar and one cup buttermilk. Blend, then cook over boiling water, stirring constantly until thickened. Cover and cook ten minutes longer. Chill.

Makes enough dressing for four cups shredded cabbage.

Sour cream dressing is also good with cabbage . . . one cup sour cream whipped, two tablespoons brown sugar and two tablespoons vinegar.

HAVE YOU EVER thought of prunes as a relish to serve with a meat? Big, fat, spiced prunes are really good. Cover one-half pound large prunes with water and simmer for 30 minutes. Now add one stick of whole cinnamon, one-half teaspoon whole cloves, one-quarter cup brown sugar and two tablespoons vinegar. Simmer another 30 minutes. Drain and serve hot with almost any meat.

Sausage meat seasoned and packed into large, drained peach halves, then broiled slowly till the meat is done is a happy thought.

Another peachy idea is to put drained peach halves together with raspberry jam, roll in sugar and wrap in rich pastry squares. Bake in muffin tins in a hot oven (450°). When pastry is done top with meringue and brown. Serve hot or cold. Hot on a square of ice cream. Mmmm!

Add a Hawaiian touch to your lemon chiffon pie by putting drained pineapple chunks into the baked pie shell before pouring in the lemon filling. Put cocoanut into a whipped cream topping. Can you wonder? I gained three pounds.

ANAGRAM ANSWERS

(1) CAROUSE
(2) PRODUCE
(3) GARNISH
(4) MISLEAD
(5) DERANGE